

June 2012 - Urbana Senior Center Activities

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/doa
 9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
 Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
May 28 Center is Closed Enjoy the Holiday	May 29 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night/Games	May 30 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	May 31 9:30 Men's Discussion Group 11:00 Exercise to Video 1:00 Cards/Games	June 1 Center is Closed
4 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 * Tai Chi	5 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night 6:30 Pre-planning Burials	6 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	7 11:00 Exercise to Video 1:00 Cards/Games	8 Center is Closed
11 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 * Tai Chi	12 11:00 Exercise to Video 11:30 Spanish 1:00/6:00 Stitching Post 1:00 Blood Pressure 1:30 Rummikub 5:30 Pizza Night/Games	13 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Solutions for Incontinence	14 9:30 Men's Discussion Group 11:00 Exercise to Video 1:00 Cards/Games	15 Center is Closed
18 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	19 Center is Closed (staff training)	20 9:30 Drawing/Painting Club 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar 12:30 Ask Nurse Steve	21 11:00 Exercise to Video 1:00 Cards/Games	22 Center is Closed
25 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	26 11:00 Exercise to Video 11:30 Spanish 1:00 Stitching Post 1:00 Blood Pressure 1:30 Rummikub 5:30 Pizza Night/Games	27 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	28 9:30 Men's Discussion Group 11:00 Exercise to Video 1:00 Cards/Games	29 Center is Closed